

How to Attain Real Fitness and Health Success?

Welcome to the second edition of 'The Elixir'. Can you believe that we are already in June? We are 6 months into the year and it is at this time that the cream rises to the top. I am not talking about milk but rather those clients that experience real success!

The health and exercise industry is very seasonal and we experience a boom in the hotter months. However, my experience is that the individuals who train through the colder months, or begin their training in the winter, end up way ahead of the pack.

It really is a battle of the mind and those people that conquer their fears of the cold end up looking and feeling great when the hot season arrives. We aim to teach a lifestyle of regular exercise and health rather than a short sequence. This is why we don't offer 12 week challenges or 6 week boot camps. If you have begun an exercise routine, don't stop. Make adaptations if needed, like boxing inside if it rains, but keep going and you will reap tremendous benefits.

The last time the 'The Elixir' was written I was the sole employee of Coastal Bodies. We are now fortunate enough to have a team of 5 and we are all excited about the opportunities we are getting to share our passion and love for exercise and well-being. Many of you would know that Christine and Emma have joined me as personal trainers, Dale is doing a fantastic job running our outdoor boxing class and my mother Cindy is relieving people of all their aches and pains through her massage.

I can assure you that the second edition of 'The Elixir' is just as informative and helpful as the last. Enjoy!

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Products that make a difference

The swiss ball is a fantastic multidimensional piece of equipment. The instability and shape of the ball enables one to perform exercises with a greater range of movement and improved postural alignment as well as assisting in activating additional muscles. It can be used for weight training, balance, stretching and even sitting.

I recommend the swiss ball as the first piece of exercise equipment you should buy. Its functionality is unrivalled being portable, light weight and inexpensive. Spalding Swiss Balls are available from Coastal Bodies for \$30.



Nutritious & Delicious

The recipe of the month is a real treat! It's a fantastic winter soup densely packed with vitamins, minerals and fibre. It is roasted pumpkin, sweet potato and red lentil soup! Yum!

Sweet Potato is rich in vitamins A and C. Pumpkin is a real super food and has large amounts of vitamins A, C, K and E as well as many important minerals. Lentils contain lots of cholesterol lowering fibre. The soup is low in GI so it will fill you up and not out!

Ingredients:

500 g pumpkin
500 g sweet potato
2 tbsp of honey
2 white onions
½ clove of garlic
1½ cups red lentils
2 tbsp olive oil
½ cup of coriander
1 tbsp of cumin
4 cups of chicken/vegetable stock
3 cups of water
5 tbsp of organic natural yoghurt



Directions:

1. Pre-heat the oven to 180 degrees
2. Chop the pumpkin and sweet potato into 3 cm cubes and place into a bowl. Pour 1 tbsp of oil and 2 tbsp of honey and stir.
3. Place pumpkin and sweet potato on lined oven tray.
4. Bake for 30 minutes, turning once.
5. Place chopped onion and garlic into pan with a small amount of olive oil. Cook until onion is soft.
6. Add stock, water, cumin, lentils and baked vegetables. Bring to the boil and simmer uncovered for 20 minutes.
7. Puree soup in a processor or blender.
8. Serve with chopped coriander, a dollop of yoghurt and cracked pepper.

A Weighty Issue

Just about everyone I know has wanted to lose weight at some stage. Weight loss is ingrained in our culture and everyone wants to lose a few kilos before the wedding, to fit in the new dress or to look great for the school reunion. 9 out of every 10 people who see me have weight loss as their number 1 goal. Weight loss is a billion dollar industry and a favourite conversation topic. It is this exposure and emphasis that leads to it being such a popular goal amongst clients.

Our clients are almost flabbergasted when we conduct assessments that measure 17 different variables that help us determine that person's health status. We measure a person's weight, but only in combination with other measures. So this begs the question, just how important is a person's weight?

The simple answer is that it's not important when taken on its own. The main problem with measuring your weight is that it doesn't take into account the body composition of the individual. Jumping on the scales doesn't determine your distribution of body fat, bone and muscle mass. I have had many clients revolutionize their bodies and only lose a minimal amount of weight.

Why does this happen? Well in any good exercise program there should be a combination of cardiovascular and weight training (this includes bodyweight movements such as squats and push-ups). This weight training will lead to an increase in muscle mass, which is essential for boosting your metabolism and reducing your fat mass. Muscles are much denser than fat and can therefore weigh more whilst taking up 1/3 the space. Many footballers with rippling abs and bulging muscles are actually defined as overweight when using some weight guidelines.

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If you are seeking to determine the effectiveness of your exercise routine, make sure that you take your body fat % (either from body fat scales or skinfolds), weight and girths. Notice how the latest government health campaign focuses on waist and hip girths rather than weight! In fact, many of my clients are aware of their success when their clothes no longer fit them.

So do not obsess with those damn scales! You might be enhancing your health dramatically with reduced fat mass, decreased waist and hip girths and improved aerobic capacity but not reducing your body weight and that is great!

Do Chiropractors just crack backs?

The mere thought of someone cracking my neck and back completely freaks me out. That's why it was such a courageous move for me to see a chiropractor!

I thought a partnership with a chiropractor would be wise if any of my clients were to suffer any neck or back pain. So, I visited the highly recommended Daryl Zeiderman at ChiroSports Maroubra. It was my philosophy to trial the service provided by ChiroSports if I was to recommend them. So I embarked upon regular chiropractic care. I was very doubtful about receiving any kind of benefit as I didn't have any back or neck pain.

One of the biggest misconceptions that I had was thinking that Chiropractors just treated backs! After seeing Daryl for almost 3 months, the tightness in my hip and pelvic muscles has been completely alleviated. In addition, my feet are no longer rolling so that I can now run pain free. Further to this, my wife has also started to visit ChiroSports regularly. When she started, she had lower back, neck and

headaches and was feeling very exhausted. I am pleased to report that she no longer feels any of these symptoms and is feeling very positive about her health.

A properly functioning spine is essential for brain function, concentration, immune and organ function as well as psychological well-being. The spine doesn't need to be sore to be misaligned or restricted. Therefore, a thorough examination is necessary as you may well have improper spinal functioning and may be completely unaware.

ChiroSports has kindly offered Coastal Bodies clients a complimentary Health and Spinal assessment worth \$80. If you would like to restore normal movement, alignment and nerve flow then contact me and I will organize an assessment accordingly.

Outdoor boxing by Coastal Bodies

Coastal Bodies is now offering outdoor fitness and boxing classes at Grant Reserve Coogee. These classes are great value and they offer a comprehensive all body workout. The classes are taken by experienced boxing instructor Dale Richards. Dale has a wealth of experience and ensures the classes are challenging but enjoyable at the same time.



Tips for reducing alcohol Intake!

We all know that alcohol has zero nutritional value and is packed with calories, so how can we cut down our intake? Outlined below are some very useful tips on how we may achieve this goal!

Pace yourself! When you do drink, sip slowly so to have no more than one alcoholic drink per hour.

Drink spacer's! Alternate non-alcoholic drinks, such as water, soda or juice, with alcoholic drinks.

Tone down! Try low alcohol alternatives, such as light beer.

Resist the top up! Count your drinks and don't top up.

Include food! Don't drink on an empty stomach. Eating food will allow the alcohol to be absorbed more gradually into your system.

What trigger's it? Know what triggers you to drink often and try to avoid these. Triggers could include certain people, places, times of day or moods etc...

Take a break! Everyone should have at least 2 alcohol-free days a week!

Learn to say 'No'! Have a polite "No, thanks" up your sleeve, ready to use at any given time!

When you get an itch, scratch it? When you have an urge to drink, distract yourself with an activity other than drinking! Go out to dinner, the movies or even better, exercise!

Keep a drinking 'diary'! Try recording every drink you consume for 3-4 weeks. This will give you a better idea of your drinking patterns and how frequently you drink! You may get a shock!

Keep to your limits!

For healthy men – no more than 4 drinks daily and no more than 14 drinks weekly!

For healthy women – no more than 3 drinks daily and no more than 7 drinks weekly!

Set goals and enjoy the reward! Set your limits, plan for alcohol-free days and reward yourself with something you love doing, e.g. get a massage or go shopping!

Client Success

I have just been overwhelmed with the terrific stories of success from our clients over the last 2 months! So many of our clients are achieving great results and looking and feeling great. In fact, trying to nominate one person for the client success was almost mission impossible.

Lydia Santaso joined Coastal Bodies late last year. Lydia was playing Grade 3 hockey but that was the extent of her activity. Since joining Coastal Bodies, her aerobic capacity has gone through the roof! She previously found running a few hundred metres very challenging, however, she is now capable of giving the horses a run for their money around Centennial Park. Lydia's improved fitness has also enabled her to play first grade hockey. She has literally shrunk, with significant centimetre decreases around all 6 measured girths.

Congratulations Lydia and the many clients who are doing an amazing job embracing our training and nutritional advice. Please send through your success stories for our new feature on the website so other people can be inspired to take the same action you have!